



DOLPHINS' NEWS

SSCD Newsletter—January 2020

From the President

Swimmers and Parents/Guardians,

Welcome to 2020! Roughly 1/2 way through the year and the kids have been looking great in the pool! Been a busy holiday season, but was also good to see a few of the ex Dolphins (now in college) come back and get wet with the rest of the team! The next couple months are the time for their hard work to shine.

Our team numbers continue to grow favorably as do many of our team stats. To kick it off, membership is up 24%+ from the beginning of the season! Keep up recruiting your children's buddies and friends as it certainly makes it a more fun, learning environment (and its typically warmer than outside)! Secondly, we continue to have high participation rates in meets and events. On November 12th we had over 100 individuals purchase pizza's at MOD in Mukilteo! And best part is that it contributed around \$250 towards new equipment.



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With all of this fun and growth for the kids, I would like to make sure we are covering the bases as we grow into the future. This means that your help and volunteering REALLY is a big deal, and it is actually a great way to meet other parents/children on the team. Below is a short list of some of the areas the team could really use your help. I have done many of these at one point or another, so believe me that if you are at the meet, it is far more fun to be helping than sitting on the bleachers!

Officials Chairperson – help assign and coordinate officials for meets, be head meet referee for a meet (or more), recruit and train parent volunteers to become officials

Meet Concessions – This is a great way to contribute PRIOR to the meet! Essentially help procure items to sell at the meet, then coordinate the transportation!

Meet Director in training – This is a fabulous role and has a hand in almost everything for a specific meet. Super fun and busy to understand all the administration behind the meet...with the bonus that you still have plenty of time to watch your little ones swim. This would be good for any parents in the Silver / Gold groups that want to do something other than time!

Please contact myself or Jeny Carlson to get signed up or get further information!

As we head into winter and early spring, please make sure you have the following on your calendar:

- Jan. 16-19 Washington Open (qualifiers only)
- Jan. 25-26 Winter Challenge (Kamiak, all groups)
- Feb. 8 Pentathlon / Distance meet
- Feb. 12 **SWIM-A-THON** (THE largest fundraiser for the swimmers, details to come from Doug)

So, with that, the 2020 SSCD board meetings will again start on January 15th, 7:00pm at Kamiak and continue the 2nd Wednesday of every month! Love to have you swing by with thoughts or just to listen in.

Jeff Cordick

From the Head Coach

First off – Happy New Year to everyone in our SSCD Family! As I said in the last newsletter, I am happy with the way our team is working so productively together towards common goals, with coaches, swimmers, parents, and SSCD Board, all on the same page now. Please join me in thanking the Board members and our meet director for everything they are doing!

Since the last newsletter, SSCD swimmers have competed in the November AGI, Divisionals, Husky SR, and PNS Champs. And lots of great things have been happening! We had 22 swimmers compete at PNS Champs (up from 8 a year ago), and tons of best times combined from all these meets. (see meet highlights). I am proud of the work that all in the SSCD Family are doing, and the things we are accomplishing together!



Now we move on to the 2nd half of the short course season which will culminate with the March championship meets. (see upcoming meets). We have a lot of exciting team events coming up in the next month including the Winter Challenge Meet we host **Jan 25-26**, a team stroke clinic/bring a friend day on Sat **Feb 1**, an SSCD “Special” meet on Sat **Feb 8**, and a Swimathon on Wed **Feb 12**. Stay tuned for details on all these events.

This month you will notice one of the themes you are going to hear A LOT from the coaches is about “showing up”, whether it’s showing up to practice, or showing up to the meet, or showing up to a board meeting, or showing up to help the team in any way you can. It has been said that 90% of success is just showing up -YES, 90%. I truly believe this. The other 10% (of success) comes from what you do AFTER you show up, the EFFORT. But for someone who shows up only 50% of the time, even if you give your best effort when you do show up, you will not come close to the level of success you would otherwise. I believe this 90% rule is true in pretty much ALL walks of life, and that swimmers who follow this path tend to do so in ALL walks of life. In swimming it is particularly true because we are not in our natural environment. We are land creatures, not water creatures, which means we need to spend an extraordinary amount of time in the water (and with minimal time out of water) to reach our potential in this sport. Much of a swimmer’s stroke technique development and “feel for the water” is merely a result of maximizing the amount of time spent in the water swimming.

This early season has been a real struggle for two of our senior swimmers, Maren and Erica. Both girls had to take some time out of the water because of injury and illness. Both girls found a way to get in the pool while following doctor’s orders to avoid further damage. They could have given up on their season. I have seen some swimmers even give up the sport in these situations. But both girls are acting like champions and doing what they have to do to recover and move on. This kind of perseverance is not easy. It is not the easy path. It takes incredible mental toughness to overcome the pressure when you feel like everything is pushing you to just stay home. I am proud of these girls and can’t wait to see what they do next.

[Here are the upcoming meets for this season:](#)

Jan 16-19: WA Open SR (KCAC)

Jan 25-26: SSCD Winter Challenge (Kamiak)

Feb 8: SSCD Pentathlon and Distance Meet

[Other important dates:](#)

Feb 1: SSCD SR/Age Group Stroke Clinic

Feb 12: Swimathon

See you at the pool!

Head Coach Doug



From the Meet Director:

Winter Challenge is right around the corner! Please check out the job sign-ups and find your favorite place to help.

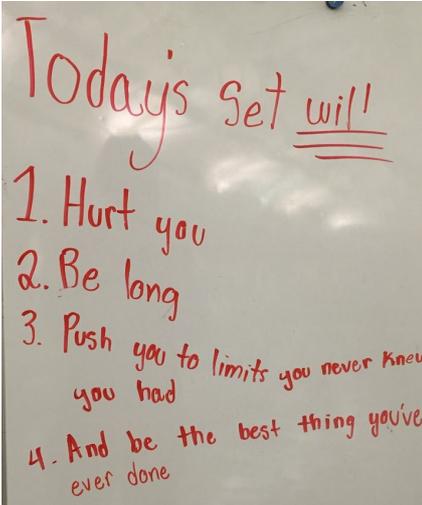
SSCD is launching the inaugural February Naiaant Meet on February 8th! This is a one day meet that will feature a Pentathlon for our Under 12 swimmers in the morning and then Distance events for our Over 11 swimmers in the afternoon. This is a bit more low-key than our other meets so it would be a great time to get novice sessions for officials or to try learning a new job. Our greatest need for volunteers will be timers for the morning session, so older swimmers, this would be an excellent time to get some of your school community service hours! Watch for registration and job sign-ups coming soon for this new meet!

Looking ahead, our last meet of the year is the Dick LaFave Long Course meet at KCAC at the end of April. Remember that everyone must work two of their volunteer sessions at this meet.

Thank-you for all the work you all do to make these meets happen. They are our most secure and consistent way to raise money for the club!

Jeny

From Coach Lisa



One of the Lessons We Need to Consider as Gold & Silver Swimmers....

Awhile ago you probably decided that taking your child to swimming lessons was a life saving and enhancing skill. Turns out they had an affinity for water, they started acting like little fish and enjoying the water so you found them a team to train with to take them to the next level. That is kinda sorta how we all met here at the SSCD family!

Your swimmer begins their time on a team learning very fundamental swimming / team basics. Advancement means they have mastered those particular skills and are ready to take on the next level.

The learning curve for a swimmer AND your family is pretty steep the first few years. Coaches, Board Members and already "seasoned" families can help new families learn the ropes. The lessons are learned with experience, acquiring a greater understanding of the swimming world, SSCD, PNS (Pacific NW swimming) and USA swimming.

Some of our swimming "lessons" are learned at the meets we attend. Young swimmers learn about checking in with their coaches. Learn to read heat sheet, read the timing board. By the time swimmers are reaching Silver they are learning the value of warming up and down before and after each race. How to focus on the structure of their races and the value of what time spent in the water can do for them vs. time missing practices.

Here is the next word we learn to live and love: Commitment. I am so impressed with most of our swimmers in Gold & Silver for the commitment, the dedication, the undertaking of new skills they are willing to take on. Their commitment to their dry-land program has them all being able to respond immediately to a request for a "pigeon, a Lord of the Fishes, a bleeding heart, a sleeper pose". "Hollow holds" have become SO STRONG, planks have morphed from pyramid shaped weak cores to strong, flat, neutral positions.

Attendance rates have improved for many. The results are very clear in endurance for those that commit to practices. The first part of the year we worked on technique, we still do - and it morphed into more endurance and the belief that they are capable of endurance training. We then morphed into some light speed training for the champ meets and now, after champs, we have gone into a "power phase". Starting to gain power per stroke and less strokes per length.

We had great attendance at the Divisional Champ meet in early December. Learning the prelims / finals format for swimmers 11 years & over was new for many families. The purpose of a prelims / finals format is to see how you compete in the morning, then if you make it back to consolation finals or big finals - learning how to "take care of yourself" in-between the sessions. What do you eat? How do you rest? How do you do a secondary warmup? These are all skills swimmers need to know as they climb the ladder of making new time standards and reaching higher levels of meets. Swimmers at National level meets have done this routine so many times they don't have to think about it much anymore - they know how to maximize their time between sessions to optimize their performance in the evening. They know because they ALL started in the same place - at Divisional type meets. Experience teaches how to become ever better. Before your swimmers swam in the champ meets we talked about this at practice and how to manage it.

This is where we reach another lesson - the commitment. Our families have committed to taking their swimmers to all their drylands and practices. Have committed to feeding these hungry athletes, have made sure they are learning time management to be able to do their sport. YOU can help make the commitment to let your swimmer make all their practices, attend all sessions of their champ meet and be there for their education of higher level meets and supporting other team members. I was so appreciative of the commitment the families of the relay swimmers at PNS made. Several swimmers came down to KCAC 4 days in a row just for their relays. Those swimmers did their best times with their relays moving up in scoring positions, making the team ALOT of points!!! Thank you to the relay only families of Mikaela Reyes, Noah Lee, Isaac Dovich, Destiny Nguyen and Masha Kutsyna! Your commitment was appreciated!

Look ahead on our calendar and save the dates for our next Champ meets! For Gold & Silver swimmers - you will go to one of these depending on time standards met:

Divisional Champs - Feb 20 - March 1st

OR

Regionals - March 19th - 22nd

OR

Pacific NW Spring Showdown March 28 - 29

Sincerely,
Coach Lisa



From Coach Tom

It is essential to swim in meets on a regular basis in order to reap all of the benefits that competitive swimming offers us. We measure our progress both by the time and skill development, we share successes and failures with our coaches, teammates, and families and we learn from both. Knowing there is a meet ahead gives meaning to our workouts! Workouts are the most important part of the competitive swimming experience because without them we would never improve at meets. It is our responsibility to not only attend workout but to be prepared for it everyday. You should always have caps and goggles on and adjusted before workout starts so that you can get in on time and do the entire warm up. Do not wait in the stands until you get asked to get ready and get on deck—be ready! Since you have prepared ahead of time your goggles and caps should not be a problem during a set, never stop to adjust them. You can leave caps and goggles on the side until the set is over. You are also responsible for counting and reading the clock no one else is obligated to do it for you. Workouts are more productive and more fun if you follow these rules and your meet performances will reflect the good job you did at workout.



Meet Highlights

Divisional Champs: Dec 7-8, 2019

(BRZ/DPH)

[Ruby Cretin](#), 25 breast, 4.8 drop,

[Siqi Cui](#), 100 Free, 20.0 drop

[Sam Garmire](#), 100 Free, 6.6 drop,

[Michelle Gilszmer](#), 25 Free, 3.3 drop,

[Ella Jafari](#), 50 fly, 7.0 drop,

[Audrey Jensen](#), 50 fly, 4.9 drop,

[Takehiro Kameda](#) 50 breast, 5.8 drop, ,

[Siena LaMay](#) 100 Back, 16.0 drop,

[Connor McElliott](#), 50 Free, 4.7 drop,

[Keegan McElliott](#), 50 Free, 8.8 drop,

[Sophia Morgenroth](#), 100 IM, 10.6 drop

[Angela Ngo](#), 100 Free, 10.3 drop

[Minh Nguyen](#), 200 Free, 14.5 drop, two 5th places

[Shelby Sequine](#), 50 breast, 5.5 drop,

[Alicia Tong](#), 100 IM, 15.7 drop

[Damjan Vakadinovic](#), 50 F, 1.4 drop, three 1st & two 2nd places



(Gold / Silver)

[Dario Baez](#) - Scored 56 Points / 9 best times

[Gio Baez](#) - Scored 89 Points / 6 best times

[Grace Benedict](#) - Scored 65 Points / 2 Best times / Qualified for PNS Champs

[Sonja Caldwell](#) - 3 best times

[Lucas Chai](#) - Scored 43 points / 3 best times

[Ryan Chai](#) - Scored 62 points / 6 best times

[Olivia Hunt](#) - Scored 47 points / 8 best times / Qualified for PNS Champs

[Katelyn Jackson](#) - 3 best times

[Ryan Jackson](#) - 38 points / 4 best times

[Koushik Jayakumar](#) 2 best times

[Masha Kutsyna](#) 51 points / 3 best times / Qualified for PNS Champs

[Noah Lee](#) 47 points / 8 best times

[Veronica Leshchenko](#) 9 points / 4 best times

[Destiny Nguyen](#) 21.5 points / 4 best times

[Minh Nguyen](#) 4 best times

[Ava Papenhausen](#) 4 best times

[Ethan Park](#) 13 points / 6 best times

[Mikaela Reyes](#) 39 points / 5 best times

[Julia Truong](#) 4 best times

[Brandon Wong](#) 5 points / 1 best time

[Bryan Wong](#) 14 points / 6 best times

[Owen Wu](#) 6 points / 5 best times



Nov AG Invite, Nov 23-24, 2019 @Snohomish

(HP/SR)

[Oliver Holod](#)

200 Free, 1:50.74, 2.3 drop

500 Free, 4:59.17, 5.0 drop

100 Back, 58.99, 2.1 drop

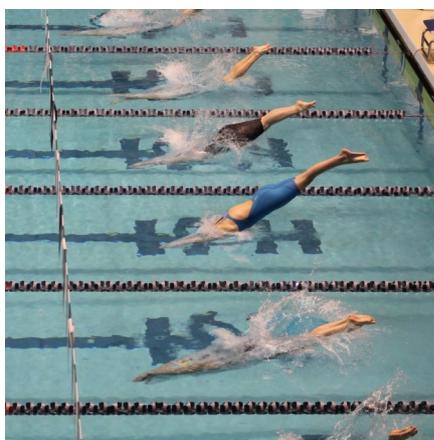
[Claire Smith](#)

500 Free, 5:32.73, 7.4 drop

[Deanna Ton](#)

100 Back, 1:06.43, 4.9 drop

200 Fly, 2:13.93, 0.2 drop



Husky SR Invite, Dec 6-8, 2019 @KCAC

(HP/SR)

[Abby Cady, 15](#)

100 Free, 55.64, 0.4 drop

[Oliver Holod, 16](#)

100 Free, 50.98, 1.0 drop

[Ellie Patterson, 15](#)

100 Fly, 1:02.10, 0.2 drop

[Claire Smith, 14](#)

200 Fly, 2:20.19, 1st time swimming this event



2019 Short Course PNS Championships: Dec 19-22

Gold & Silver

Last year (2018) 27th place - this year (2019) 16th place in the PNS

[Grace Benedict](#) - Got the Flu! :(Next time Grace!

[Kjell Cady](#) - 79 points / 14 best times / Regional Qualifier

[Iris Cho](#) - 6 points / 4 best times

[Isaac Dovich](#) - 12 points / 4 Relay best times

[Jack Fast](#) - 33 points / 11 best times / Regional Qualifier

[Celina Murillo- Hernandez](#) 3 points / 3 best times

[Masha Kutsyna](#) - 2 points / 2 best times

[Noah Lee](#) - 12 points / 4 relay best times

[Julia Lorenzo](#) - 41.5 points / 14 best times / Regional qualifier for 11-12 (but will be aging up to 13 before the meet)

[Destiny Nguyen](#) - 3 points / 1 relay best time

[Mikaela Reyes](#) - 2.5 points / 2 relay best times

[Janey Ryu](#) - 11 points / 5 best times / Regional Qualifier

HP/SNR

[Girls 15&O 800 Free Relay](#), 7:48.66, 8th place

(Erika Carlson, Deanna Ton, Summer Dean, Abby Cady)

[Girls 15&O 400 Free Relay](#), 3:38.81, 13th place

(Summer Dean, Abby Cady, Deanna Ton, Erika Carlson)

[Girls 13-14 400 Free Relay](#), 3:52.11, 12th place

(Maren Rusk, Claire Smith, Celina Hernandez-Murillo, Mikaela Reyes)

[Abby Cady, 15](#)

200 Free, 1:56.97

500 Free, 5:15.34

50 Back, 28.71, 0.1 drop

200 Back, 2:12.06, 1.6 drop

[Erika Carlson, 15](#)

200 Breast, 2:30.24, 1.9 drop

100 Free, 54.54, 0.4 drop

[Summer Dean, 15](#)

100 Free, 54.48, 1.4 drop

200 Free, 1:56.61, 0.3 drop

500 Free, 5:09.41, 7.7 drop, 14th place

100 Back, 1:03.81, 2.9 drop

[Oliver Holod, 16](#)

500 Free, 4:57.55, 1.6 drop

[Ellie Patterson, 15](#)

50 Fly, 27.87, 0.5 drop

[Maren Rusk, 14](#)

50 back, 28.87, 1.3 drop, 9th place

50 Fly, 27.58, 0.7 drop, 9th place

100 Back, 1:01.15, 0.5 drop, 12th place

100 Free, 55.59, 0.7 drop

[Claire Smith, 14](#)

200 Back, 2:11.53, 0.6 drop, 12th place

100 Fly, 1:00.63, 13th place

50 Free, 25.29, 0.1 drop, 11th place

50 Back, 28.30, 1.9 drop, 5th place

100 Free, 55.46, 15th place

100 Back, 1:01.00, 11th place

[Deanna Ton, 17](#)

200 Free, 1:55.60

100 Fly, 59.66, 2.2 drop

200 Fly, 2:11.64, 2.3 drop

500 Free, 5:06.38, 9th place

